

DINNERLY



Balanced Pork Red Curry with Brown Rice and Spinach



30 minutes



2 Servings

Who doesn't love a Thai curry?! This creamy pork version is cooked with spinach and carrot, with healthy brown rice standing in for the usual white jasmine.

WHAT WE SEND

- 125g brown rice
- 1 carrot
- pork stir-fry
- 30g red curry paste ⁶
- 200ml coconut milk
- 50g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp vegetable oil
- 2 tsp soy sauce ⁶
- 1½ tsp honey

TOOLS

- medium saucepan
- julienne peeler or box grater
- medium deep frypan

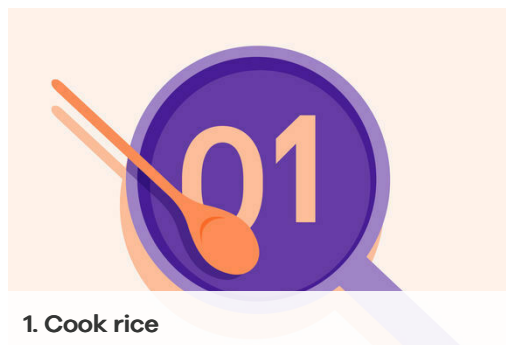
Our veggies come straight from the farm,
so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 29.9g, Carbs 57.6g,
Proteins 42.0g



Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25-27 mins until tender. Drain.



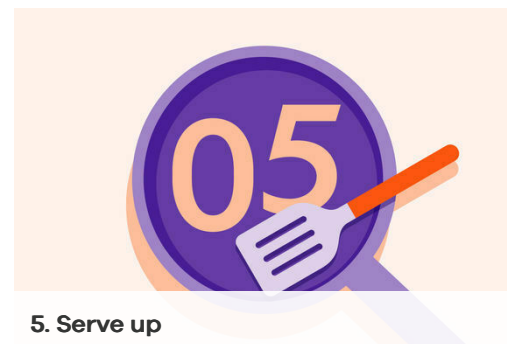
Meanwhile, crush or finely chop **2 garlic cloves**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Separate the **pork stir-fry** into a bowl. Add the garlic and **2 tsp vegetable oil**, season with **salt and pepper** and toss to coat.



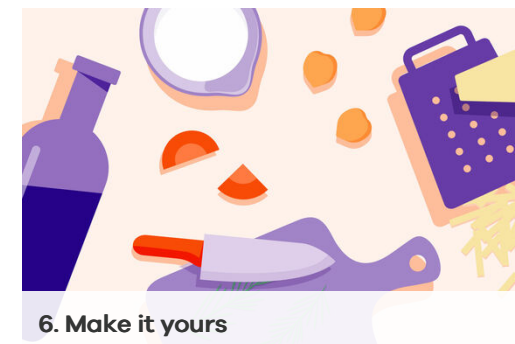
Heat a medium deep frypan over high heat. Stir-fry the **pork** for 1-2 mins until browned. Remove from the pan. Add the **curry paste** (see Make it yours) to the pan and stir-fry for 30 secs or until fragrant.



Add the **carrot, coconut milk and 180ml (% cup) water** to the pan and bring to the boil. Reduce the heat to medium and cook for 5 mins or until slightly thickened. Add the **pork, spinach, 2 tsp soy sauce and 1½ tsp honey** and cook, stirring, for 1 min or until the pork is cooked through and the spinach is wilted. Remove the pan from the heat.



Taste the curry, then season with **salt and pepper**. Divide the **rice** among bowls, spoon over the **curry** and enjoy!



Everyone likes different levels of spice. If you aren't keen on too much chilli, adjust the amount of curry paste by half to reduce the heat.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au **#dinnerly**



Packed in Australia
from at least 55%
Australian ingredient.